



Est.
2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

Introduction to Menopause

(CPD Accredited)

Location: On campus & online (see dates for location)

Course Fees: £55

(concession rate available, see website for eligibility).

Dates:

13 November 2025 | 3.00pm to 6.30pm | On campus

24 February 2026 | 2.00pm to 5.30pm | Online

29 April 2026 | 10.00am to 1.30pm | On campus

12 June 2026 | 10.00am to 1.30pm | Online



To find out more and book your place
please scan the QR code or email

business@yorks.j.ac.uk



CPD
CERTIFIED
The CPD Certification
Service

Introduction to Menopause

This course is designed for everyone with an interest in understanding menopause and its impact on individuals and in the workplace. You will look at the results from a local questionnaire that had over 300 participants. This means that you will be working with real world data.

Who is this course for?

Ideal for employees at all levels, including managers and HR professionals, as this training provides knowledge on recognising menopausal symptoms, understanding their effects in the workplace, and ensuring the right support is in place. By increasing awareness, individuals and organisations as a whole can help reduce absenteeism, encourage more open conversations around menopause and its personal impact, create a more inclusive environment, and develop effective policies that reflect the needs of the workforce - directly fed back by employees.

What will I learn?

- Understand Menopause: Gain insight into the signs and symptoms of perimenopause, menopause, and postmenopause.
- Clearer Communication: Learn the correct terminology and appropriate language to confidently discuss menopause.
- Explore Health Impacts: Discover the long-term effects if menopause isn't

addressed early, and how proactive measures can make a positive difference.

- Personal Reflection: Take time to explore what you need to support your menopause journey and create a better experience.
- Build Awareness: Raise awareness across your team about menopause, helping others recognise what to look out for and fostering open conversations around this essential topic.

Course leader biographies

Stef Bricklebank is a freelance practitioner for York Women's Counselling Service (YWCS) and is leading a research programme alongside York St John University and YWCS regarding menopause. She is also the facilitator for the Menopause Peer Support Group based at the York St John Communities Centre.

Stef has over 26 years of experience working with people within diverse communities. With a PGCE in the post 16 sector, she is a qualified youth worker. She also has a postgraduate qualification in Dramatherapy and BA (Hons) in Communication Arts/ Drama. Based in York, Stef is an educator and therapeutic facilitator offering 1 to 1 and group sessions and motivational speeches.

The facilitative approach that Stef uses creates a comfortable and supportive space for participants to share, learn and explore with others. Her dedication to helping individuals achieve personal growth shines through in her engaging, positive and practical sessions.



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